

Dress Right, Dress

AFI 36-2903, Table 5.3

Wear the basic badge after completing technical school. Wear the senior badge after award of the 7-skill level, and the master badge as a master sergeant or above with five years in the specialty from award of the 7-skill level. Crossflowed chief master sergeants wear their new career field basic badge upon award of the chief enlisted manager code, the senior badge after 12 months, and the master badge after five years. (Courtesy of the Spangdahlem AB First Sergeants Council)



News Briefs

Correction

Aleah LouEllen Wolfe was born Jan. 22 at 8:26 a.m. to Staff Sgt. George Wolfe and Nikki Wolfe. She weighed 7 pounds, 9 ounces and was 19 inches long. Sergeant Wolfe is assigned to the 52nd Communications Squadron.

Tier II meeting

A Tier II meeting takes place at the Brick House Thursday from 11:30 a.m. to 12:30 p.m. All E-5 selects, E-5s and E-6s are invited. For more information, call Tech. Sgt. Theresa Lex at 452-7233 or Staff Sgt. Francisco Araujo at 452-6514.

Patient safety awareness

The 52nd Medical Group hosts National Patient Safety Week Monday through Friday. The event encourages patients to get involved with their health care decisions by asking, listening and learning. An informational table will be set up at the following locations: Bitburg Annex: 52nd MDG, Monday; Bitburg Annex base exchange, Thursday; Spangdahlem AB: 52nd MDG, Tuesday; Spangdahlem AB base exchange, Friday. Call Karen Williams at 452-3123 or e-mail karen.williams@spangdahlem.af.mil for more information.

Deployed tax options

Servicemembers receiving federal tax exemptions for some or all of their military pay may now elect to apply for certain tax credit options. Troops deployed to combat zones can now apply for tax refunds based on earned income tax credits, as well as additional child tax credits. Servicemembers who want to apply for the credit refunds are required to fill out and file a federal tax return. Enlisted troops serving in combat areas already have all of their military pay excluded from federal taxes, while officers in combat zones can exclude as much as \$6,529 of their monthly pay. Troops deployed to noncombat overseas areas have until June 15 to file their income taxes. Troops serving in a combat zone have up to 180 days to file their taxes after departing the area. For more information, go to the story on Air Force Link at <http://www.af.mil/news/story.asp?storyID=123009850>.

Language skills needed

The Department of Defense seeks people who speak a foreign language or have the desire and aptitude to learn one. DoD officials are looking for people with language skills to support not only current operations, but future ones as well. DoD has come up short on linguists for areas of the world that have attracted increased U.S. interest during the war on terrorism. For more information, go to the story on Air Force Link at

<http://www.af.mil/news/story.asp?storyID=123009745> or go to the Defense Language Institute Web site at <http://www.dlilfc.edu>.

Doc Do-littles

See how these Bitburg Elementary School children got a taste of 'medicine.'

Read "BES kindergartners 'bob' for candy in OR," on Page 4



Eifel Times

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Spangdahlem Air Base, Germany

March 4, 2005

We are about to lose someone



Courtesy photo

This Feb. 2003 crash occurred as a result of hitting a patch of black ice. The vehicle slid into the oncoming lane and hit an oncoming automobile. The significant contributing factor to this driver having permanent disabling injuries is that he was not wearing a seatbelt. Since the member was not wearing his seatbelt at the moment of impact, he was forcefully ejected from the vehicle through his windshield. He tumbled about 45 feet and his car continued down the road, stopping just 10 feet short of where he landed.

35 crashes in two months -- luck is running out

By Col. Dave Goldfein

52nd Fighter Wing commander

As a commander, I have learned over the years to trust my gut. My gut is telling me right now that we are days away from our first fatality in a major privately-owned vehicle crash if we do not do something as a wing to reverse our trend in 2005.

Last year at this time we had experienced 19 total major POV crashes. This year we are at 35 in just two months. Last year, 44 percent of our crashes over the course of the year were attributed to driving too fast for conditions. This year, we are at 81 percent.

Sabers -- we have a problem. If you are a cat or a crud player, you will understand when I say we are out of lives. Most of the major POV accidents resulted in cars rolling over and air bags deploying. So far we've been lucky and escaped major injuries, but we can't rely on luck forever. Most of the accidents were single car, i.e. no one else was at fault -- it is just us, driving too fast for conditions.

Let's look at one case as an example of what is going on -- straight out of the blotter:

A senior airman was driving south bound on L-46 when he entered a dangerous curve at approximately 70-80 miles per hour. The Airman applied the brakes, which locked up.

The driver lost control of the vehicle, went down the ravine and through a chain link fence around the water treatment plant. Investigation by a security forces officer revealed that the driver was traveling at approximately 160 kilometers per hour in a 70 kilometer per hour zone.

Another security forces member made contact with the driver and determined that alcohol was not involved. The driver's first sergeant was contacted. He advised security forces to release the driver on his own recognizance.

Sabers -- we *must* slow down or we are going to kill some-



Mandatory!

If you have any type of accident, you must call the 52nd Security Forces law enforcement desk immediately at 452-6666 or 452-2700.

Ramstein LE desk -- 06371-47-2050/2366
Local Polizei

Trier -- 0651-977-90

Bitburg -- 06561-968-50

Wittlich -- 06571-9260

Polizei Emergency Use: 110
Ambulance/Fire: 112

110/112 Can be called even using an empty prepaid cell phone. Drivers must file a 281-A mishap report with safety -- call 452-SAFE (7233).

Did you know that the 52nd Fighter Wing pays for 12 spots in the weekly hands-on driver's training course?

To sign up for the ADAC Course, call Gena Pancake at 452-6543.

one. I need your help now to reverse this trend. When you strap yourself in your car, take a few seconds to think about where you are going and how you are going to get there.

Give yourself extra time in the winter. Expect that every bend in the road has black ice. Imagine every puddle of water as a hydroplaning experience. Talk about this at home with your spouse and driving dependents.

We can reverse this trend and reduce our major POV crash rate if we tackle this together. Let's get out in front of this now before we lose someone and turn the greatest assignment of our career into the most tragic.

Annual awards ceremony highlights elite Sabers

Compiled from staff reports; photos by 52nd CS photo lab

The 52nd Fighter Wing celebrated Saber excellence and recognized the best of the best at one of the wing's most prestigious ceremonies of the year Feb. 25 in the new Club Eifel. By the end of the night, base officials named eight wing members as Team Eifel's best and 13 other as the best in special recognition categories.

The wing winners for 2004 are:

Senior Airman Olivia Watkins, 52nd Civil Engineer

Squadron, is the Wing Airman of the Year. The service contract section quality assurance evaluator is lauded for her exemplary achievements in training plan development. In addition to building the first-ever contracts Web page, Airman Watkins created an invoice database and tracked monthly spending for \$3.3 million in contracts, improving efficiency by 25 percent. Airman Watkins earned her Community College of the Air Force degree and earned the Academic Achievement Award in her Pitsenbarger Airman Leadership School class, where she was rated first among 60 students.



Senior Airman Olivia Watkins

Tech. Sgt. Jason Theriault, 52nd CES, is the Wing Noncommissioned Officer of the Year. The fire protection station chief is credited by his peers for providing outstanding rescue crew leadership during a medical mass accident response exercise.

During the year, Sergeant Theriault provided "superb" leadership on deployments in Afghanistan and Iraq. He also managed \$823,000 in hazardous materials equipment which garnered a 100-percent compliance rating in the base unit compliance inspection, and earned a special mention by inspectors.



Tech. Sgt. Jason Theriault

Sergeant Theriault excelled in the senior fire officer executive leadership course, and earned six

credits toward a Community College of the Air Force degree in fire science. Off-duty, he volunteers as a Cub Scout pack master and as a Little League coach.

Senior Master Sgt. Robert Hughes, 52nd Logistics Readiness Squadron, is the wing senior NCO of the year. The procedures and accountability NCO in charge is praised for reviewing and publishing more than 40 local instructions and Air Force supplements in three months, assuring 100 percent compliance. He also directed the redistribution of 27 unidentified jet aircraft parts worth \$2 million and initiated the redistribution \$85,000 of excess individual equipment items, eliminating excess backorders and shipments. Sergeant Hughes earned nine hours toward a master of business administration degree, maintaining a 4.0 grade-point average. Off duty, he serves as the elected secretary of the wing Top 3 and sits on the Top 3 scholarship committee.



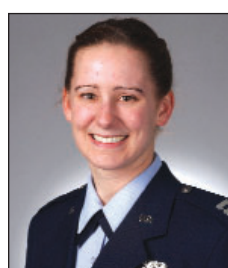
Senior Master Sgt. Robert Hughes

Senior Master Sgt. Russell D. Hastings, 52nd CES, is the Wing First Sergeant of the Year. The senior NCO led the sexual assault response team and trained 28 victim support liaisons. He also created family programs, providing car care assistance for deployed spouses in addition to base privilege briefings and special outings. Additionally, the first sergeant secured multi-agency support to ease the move of more than 40 families residing in government-leased housing, which was slated for contractual changes.

Sergeant Hastings is pursuing a bachelor's degree in sociology and earned one of the top grades at the senior NCO academy. Off-duty, he served as the Top 3 quarterly awards master of ceremonies and designed the POW/MIA ceremony program.



Senior Master Sgt. Russell Hastings



Capt. Lisa Mabbutt

Capt. Lisa Mabbutt, 52nd CES, is the Company Grade Officer of the Year. The Eifel Consolidation Program manager is lauded for masterfully leading the squadron environmental assessment, which helped the operations flight and the civil engineer squadron earn top marks in the wing unit compliance inspection. During her deployment to

Iraq, she led more than 110 troops, led the damage control center during 54 base attacks, and oversaw \$885,000 in Iraqi water, sewer and electrical upgrades. Captain Mabbutt completed 26 credits in pursuit of a master's degree and graduated a headquarters joint planning course. Off duty, she volunteered for an elementary school book fair, a deployed parents day program and was a penpal to 38 eighth-graders while she was deployed in Iraq.

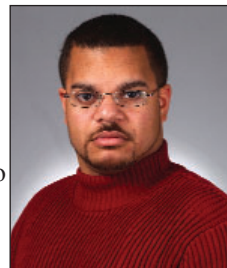
Angela Dodge, 52nd Comptroller Squadron, is the junior-level civilian of the year. The administrative assistant to the commander is credited for exceptional initiative in the wing's government travel card program. Ms. Dodge fully trained 33 squadron agency program coordinators to ensure each of



Angela Dodge

them had the tools to manage their GTC programs. Additionally, Ms. Dodge arranged mass sponsorship training with the family support center for 30 Team Eifel members. Ms. Dodge volunteers with the Girl Scouts and played major roles in the ACT Eifel plays, "Censored: On Final Approach," and "Picasso at the Lapin Agile."

David L. Smith II, 52nd Equipment Maintenance Squadron, is the Mid-Level Civilian of the Year. The survival equipment section fabric worker overhauled 87 backlogged vest and harness repairs and manufactured 12 jackstand covers for the aerospace ground equipment flight. He also organized shop operating stocks and properly disposed of expired shelf items, which helped secure the flight's flawless UCI record. Mr. Smith graduated an advanced sewing machine maintenance class, increasing his shop's repair capabilities, and is a shop tool accountability trainer. Off-duty, he assisted in the Dudeldorf kindergarten Kite-Day celebration and helped raise more than \$700 for unit morale programs by manning a food booth on Halloween.



David Smith

Debra A. Willey, 52nd Services Squadron, is the Senior-level Civilian of the Year. The family member programs flight chief is praised for her creative approach to improving the wing's youth and pre-teen programs. Her involvement in Combat CHEER increased participation in morale programs by 167 percent. She also ensures Eifel children get the best developmental care available through the Child Development Center and Family Child Care. Ms. Willey volunteered countless hours for last year's Big Annual Summer Happening, and is the treasurer for "Friends of the Eifel Community Connection."



Debra Willey

Also honored at the award ceremony were:

Airman 1st Class Garrett J. Porter, 22nd Aircraft Maintenance Unit Foreign Object Damage Fighter of the Year.

Staff Sgt. Ernesto A. Otero, 52nd Aerospace Medicine Squadron, Honor Guard Member of the Year

Staff Sgt. Tiera Harris, 52nd Equipment Maintenance Squadron, Resource Advisor of the Year

Master Sgt. Robert Hughes, 52nd Logistics Readiness Squadron, Volunteer of the Year

Capt. Brad Spears, 23rd Fighter Squadron, Instructor Pilot of the Year

Capt. Brian A. Miller, 81st FS, Flight Lead of the Year

Capt. Frank Lusher, 22nd FS, Wingman of the Year

Capt. Jason J. Cockrum, 23rd Fighter Squadron, Operational Flight Commander of the Year

Rachel Davis, American Red Cross Volunteer of the Year

Lance P. Sijan awards

Lt. Col. Kurt J. Kaisler, 52nd Civil Engineer Squadron, senior officer

Capt. Jesse J. Friedel, 23rd FS, junior officer

Chief Master Sgt. Johannes V. Meischke, 52nd Aircraft Maintenance Squadron, senior enlisted

Master Sgt. Scott A. Holland, 52nd Component Maintenance Squadron, junior enlisted



Tech. Sgt. Andrew Rodier

Gen. Robert H. "Doc" Foglesong, U.S. Air Forces in Europe commander, met with the top Airmen during his visit here Feb. 25. The general presented the "Airmen Committed to Excellence" coin to Airman 1st Class John Castle, 52nd Operations Support Squadron, for achieving a score above 90 on his career development course examination.

By Master Sgt. Mona Ferrell
USAFE News Service

RAMSTEIN AIR BASE, Germany -- Putting the health of U.S. Air Forces in Europe members first, USAFE Services is instituting a new policy Feb. 23 prohibiting smoking in all recreational areas within the command.

The new no-smoking policy includes services amusement and entertainment areas, said David Quinn, USAFE Services Programs chief.

"In USAFE we are continually advocating for a healthy and fit community," said Mr. Quinn. "No smoking has been the norm for the vast majority of services facilities and programs on our bases for years, and only a few installa-

tions retained very limited indoor smoking areas for entertainment game room areas."

Troop health and morale are two important key factors influencing the implementation of this policy said, Lt. Col. Carol Fisher, USAFE Public Health officer and Health Promotions director.

"Closed smoking areas, such as game rooms, are a significant source of secondhand smoke which is a known human carcinogen," said Colonel Fisher. "The Centers for Disease Control and Prevention reports each year an estimated 3,000 adult nonsmokers exposed to secondhand smoke die from lung cancer, and another

35,000 die from coronary heart disease. This new policy will afford everyone the opportunity to enjoy all recreational areas without worrying about exposure to harmful secondhand smoke."

USAFE officials also hope the no-smoking policy will make people think twice before reaching for a cigarette, and they're ready to help those who want to kick the habit.

"Besides reducing exposure of personnel to secondhand smoke, we also hope the policy may over time help alter smoking behavior," said the colonel. "Our USAFE Health and Wellness Centers are a great resource for individuals who want more information on the harmful effects of

tobacco use or who want to quit smoking."

Enjoying the benefits of all USAFE Services has to offer in a healthy environment is what this policy is all about, said Mr. Quinn.

"Our customers come first, and throughout USAFE there are a lot of new high-energy entertainment areas featuring state-of-the-art amusement machines and name and signature-brand restaurants," he said. "We hope that our customers who do smoke find these features attractive and continue to let us serve them and enjoy this great benefit of military life."

(Courtesy U.S. Air Forces in Europe News Agency)

USAFE institutes no-smoking policy in all services facilities



Senior Airman Amaani Lyle

Top Saber
Performer

Name: Master Sgt. Cordell Hardge Jr.
Unit: 52nd Aircraft Maintenance Squadron, 22nd Aircraft Maintenance Unit
Duty title: F-16 Production superintendent
Hometown: Social Circle, Georgia
Years in service: 19
Nominee's contributions to 52nd Fighter Wing mission success: Sergeant Hardge directed all maintenance actions and resources in support of the annual flying program toward maintaining and providing 23 safe and reliable F-16CJ aircraft valued at about \$575 million.

What do you do for fun? I enjoy hiking, biking and Volksmarching.

What do you like most about being

stationed here? I like the location as well as having opportunities to get out and enjoy Europe. I've visited long-time friends and met several new ones.
What's one thing you'd like to see changed or improved at Spangdahlem Air Base? I'd like to see customer service changed. Being a member of the military; we provide customer service every day, and each job is important. We all have to remember that regardless of what our Air Force specialty or duty title is, if we are not applying ourselves 100 percent and taking pride in what we do, it will directly or indirectly affect the wing as well as our mission.

Airmen are able to help each other
through Air Force Assistance Fund

By 1st Lt. Teresa Rini
52nd Comptroller Squadron

What happens when people are faced with the unexpected and are unprepared to react to personal hardship or tragedy? Unfortunately, military people are not immune from life's challenges, and every year more than 30,000 Airmen seek outside assistance.

Consider the story of the staff sergeant whose mother was killed and brother was seriously injured in a car accident. He received assistance for travel expenses and a rental car when he went on emergency leave.

A technical sergeant received assistance to catch up on car insurance and a phone bill that was severely delinquent due to the long-term hospitalization of his critically ill 12-year old daughter.

There's also the story of the staff sergeant's spouse who, after being diagnosed with breast cancer, received assistance for childcare expenses when she underwent chemotherapy and radiation treatments.

There is no singular definition of hardship. Any Airman could imagine themselves in those peoples' shoes.

Airmen have the opportunity to help Airmen and their families through the Air Force Assistance Fund's four affiliates: Air Force Aid Society, Air Force Enlisted Village, Air Force Village, and the Gen. and Mrs. Curtis LeMay Foundation.

This annual AF-wide campaign is in full swing as Spangdahlem Air Base launches its six-week fundraising effort today. The campaign will continue through April 10. Last year our wing successfully met its goal and raised an impressive \$92,354.

The AFAF is unique from other fundraising campaigns because the local

community receives an immediate return on contributions through the Air Force Aid Society. In 2004, AFAS provided Spangdahlem AB \$431,204 in aid and support through emergency assistance, education and community enhancement programs.

Together, Sabers will continue its support to benefit our Airmen in the 2005 AFAF campaign. For more information, contact unit representatives.

Air Force Aid Society Helps
52nd Fighter Wing

During the 2004-2005 fiscal year, the following proceeds were generated by AFAF:

Emergency assistance	
Loans	116,608
Grants	5,159
Educational assistance	
Grants	34,500
Spouse Tuition Assistance Program	222,443
Community enhancement programs:	
Bundles for Babies	3,662
Child care for PCS	12,828
Volunteers' child care	8,414
Director's Merit	1,300
Give Parents a Break	10,680
Heart link	400
Phone Cards	11,200
Wellness	522
Total 2004 Assistance	
	431,204

Eifel Salutes

52nd Maintenance
Group

Good to go is Senior Airman Adam Trigo, who not only helped process more than 60 pieces of Aerospace Ground Equipment, but also helped transportation by moving four bus loads of passengers and 17 pallets. His multiple talents helped keep the mobility machine running.

Senior Airman Erik Courtney performed well with low manning as swing shift dock chief during an A-10 Phase inspection. Airman Courtney also expertly juggled the phase flow without skipping a beat while the aircraft transitioned from phase to depot status and back.

52nd Medical Group

And so go the "Phase of Our Lives" ... Master Sgt. Matthew St. Pierre and Staff Sgt. Eric Madden put forth extraordinary effort to ensure the 52nd MDG successfully met its deployment commitments during the recent Phase 1 wing exercise.

38th Munitions Maintenance
Group

Bingo! Nicole Rivera runs the cash cage for the 703rd Munitions Support Squadron mission support flight, Volkel Air Base, the Netherlands. In addition to her job, she increased club participation by 200 percent with her organization of weekly Bingo and Survivor nights. Tassels and a salute to Senior Airman Jeremy Naparty, who recently graduated from Airman Leadership School, and Tech. Sgt. Stephen Bade, who recently graduated from the NCO academy. With zero discrepancies, the 702nd MUNSS communications maintenance element



wowed inspectors during the Buechel Air Base, Germany, surety inspection and earned the Inspector General's highest rating -- "Outstanding."

Eifel community

Spangdahlem Middle School's "Service With a Smile" program awarded eight volunteers with the President's Volunteer Service Award, a national

honor offered in recognition of volunteer service. The winners were: **Bronze Award:** Thomas Lemke, Jessica Shock, Rachel Stevick and Kim Wepner; **Silver Award:** Kerstin Glaess and Brittany Shock and **Gold Award:** Jasmine and Priscilla Karamzadeh. The students contributed a total of 886 hours to the school and community. The Bitburg High School Drama Club hosted a Masquerade Ball during Carnival to raise money for the American Red Cross tsunami victims' relief fund. Under the direction of Dr. Becky Briley, the students held workshops to make their own masks so that everyone could attend the event in costume. Carrie Crawford and Dan Brunal were named Queen and King of the Masquerade for best costumes. "Ultimate Force," a band consisting of BHS students Steve Gastelum, Athena Dorning, Dan Nicks, Jordan Peetz, and Brandon Knutson played for the dance held at Peter's restaurant on Spangdahlem Air Base. More than \$900 was raised, of which \$500 will be sent to the American Red Cross tsunami relief fund, after expenses have been paid.

Kudos to all; Team Eifel salutes you!
(Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Senior Airman Amaani Lyle

Top Saber Team

Unit name: 52nd Aircraft Maintenance Squadron, 22nd Aircraft Maintenance Unit flight line production superintendents
A brief description of unit responsibilities: The team directs maintenance and support resources in support of the annual flying hour program to maximize mission capability of 23 F-16CJ aircraft valued at about \$575 million.
Number of members: Five; Master Sgts. Cordell Hardge Jr.; Rodney Klegin; Doreen Losacco; and Dale Wright. Not shown is Master Sgt. James Rice.
How does the team fit into the 52nd Fighter Wing's mission? They ensure the availability of safe, reliable aircraft to allow the 22nd Fighter Squadron to execute about 6000 hours toward the wing's planned 2005 annual Flying Hour Program. They also sustain worldwide employment in support of both NATO and combatant command authorities.
Team's other contributions through the year? This team expertly led joint fighter squadron and aircraft maintenance unit scheduling efforts for dual-location closeout of the wing's 2004 annual flying hour program of more than 10,000 hours. While deployed to Konya, Turkey, for the 16-nation NATO Air Meet they made it happen. 22nd FS pilots were able to execute more than 170 sorties, which provided them with valuable integrated training with other NATO nations.

Spang Airmen win Presidential lottery

Story and photo by Staff Sgt. Jennifer Lindsey
52nd Fighter Wing Public Affairs Office

Many people dream of winning the lottery, and recently 98 Team Eifel members scored big by landing the chance to see the U.S. President and the First Lady.

The 52nd Fighter Wing Airmen and spouses were among hundreds of U.S. Soldiers, Sailors, Marines and other Airmen who flocked to Wiesbaden Army Airfield in Germany Feb. 23 for the chance to catch a glimpse of their boss, President George W. Bush, and maybe even to score the ultimate prize -- to meet the President face to face.

Team Eifel's 98 were chosen by lottery. The names of those who told their supervisors that they were interested in attending the President's address to the troops were added to a master list from which the names of the final 98 were selected at random.

"I feel really lucky to have the opportunity to be chosen for this trip," said Cindy Specht, spouse of Lt. Col. John Specht, 23rd Fighter Squadron commander. "Even my husband did not get chosen to attend," she quipped.

On the four-hour bus trip to Wiesbaden, curiosity and speculation was riding high on many minds. Will anyone get close enough to shake the top executive's hand?

"I'm not so sure I would feel comfortable getting too close to the President because it's kind of weird when you meet someone famous and you don't know what to say," said Airman 1st Class Timothy Blaisdell, 22nd Fighter Squadron operations desk technician.

Despite the apprehension, all of Team Eifel's



President George W. Bush waves to troops during his visit to Wiesbaden Army Airfield in Germany Feb. 23. The tent was filled with Soldiers, Sailors, Marines, Airmen and their spouses. The President had spent most of the day meeting with German Federal Chancellor Gerhard Schroeder in Mainz, Germany.

98 chose to endure standing in snow flurries without coats or hats as requested by event security. As the second to the last group in line, it took about one hour to enter the event tent.

On a brighter side, the event was in full swing when Team Eifel entered with the country band, The Gatlin Brothers on stage. Airman 1st Class Colleen Sammis, 52nd Services

Squadron lodging facility journeyman, and a few other Airmen were among the first of Team Eifel's group to get into the tent, and scored close-up photos of First Lady Laura Bush.

Secretary of State Dr. Condoleezza Rice won wild cheers and an attentive crowd with a message of appreciation to the troops, following The Gatlin Brother's performance.

President Bush followed up the Secretary of State's words with his own sentiments of appreciation to U.S. troops and their families for enduring the challenges of long deployments. He noted that Afghanistan and Iraq are now on the path to democracy with recent successful elections.

"I thought it was especially cool when the President said a special 'thank you' to the 1st Armored Division Soldiers for the extra three months they served in Iraq," said Capt. Sean Baerman, 81st Fighter Squadron pilot. 1st AD Soldiers returned home on Oct. 7, 2004 following a 15-month deployment in Southwest Asia in support of Operation Iraqi Freedom. Capt. Baerman was one of three Spangdahlem AB pilots who served with the 1st AD in 2003 as a battalion air liaison officer, which helps integrate airpower in Army operation plans.

President Bush concluded his visit by shaking hands with the military members and spouses surrounding the podium. Team Eifel's Capt. Daniel Raymond "managed to squeeze toward the front" of the tight crowds and earned the ultimate prize -- a slightly blurry photo of George W. Bush because the 22nd Fighter Squadron pilot was shaking hands with the President while taking the shot. However, the captain didn't have to worry about coming up with something inspiring to say -- President Bush beat him to it by saying, "Thank you, Captain."

To read the President's speech, visit www.whitehouse.gov/news.

Sweet experience

BES kindergarteners 'bob' for candy in OR

By Staff Sgt.
Jennifer Lindsey
52nd Fighter Wing
Public Affairs Office

Jack Yates, eyes locked on the image of his hands at work on the monitor conveniently placed within easy viewing distance, concentrated on the extraction procedure he performed on the Bitburg Annex Hospital patient.

Maj. Brent Mumpower, operating room nurse, had just revealed the patient's ailment with the aid of a "long, pretty light" to the operating room full of potential surgeons -- "Bob" had a belly chock full of candy.

"Oh no! It looks like he ate it wrappers and all!" exclaimed the OR nurse to the cheers of 24 scrub-clad Bitburg Elementary School kindergarteners.

Jack was one of the first in his class to try his hand at removing a piece of hard candy, taffy or, even tougher, a chocolate drop, from the dummy's plastic-covered belly, using a Babcock surgical grasping instrument.

"It was hard," said the six-year-old who had managed to extract a piece of green taffy

and aspires to be a doctor someday because he found wearing scrubs was "cool."

The purpose of the visit was not necessarily to inspire the youngsters to consider joining the medical field, but rather to provide her students an inside look at community helpers on the job, said Joan Durmody, BES teacher.

In addition to showing off the sweeter side of surgery, operating room nurses and technicians let the little tikes try on anesthesia masks, and gave them a first-hand look at suction tubes, sponges and other surgical equipment.

The kindergarteners were not the only ones learning from the experience however. Master Sgt. Erik Stratton, 52nd Operations Support Squadron intelligence targeting resources NCOIC and field trip chaperone, gathered information on the 52nd Medical Group's surgical capabilities.

"I didn't know doctors here have the resources to do surgery here. I thought we had to go to Landstuhl for it," he said. "I was also impressed by how quickly my son Zachery pulled out that piece of candy --



Airman 1st Class Eydie Sakura

Senior Airman John Batteline, 52nd Medical Operations Squadron surgical technician, assists Charles Weckwirth, Bitburg Elementary School kindergartener and son of Capt. Catherine Weckwerth, 52nd MDOS, perform "lathroscopic surgery" on Bob the dummy, whose ailment consists of a belly full of candy. The kindergarteners took turns using their hand-eye coordination and fishing out candy at the Bitburg Annex Hospital Feb. 25.

maybe he'll go to medical school and support me someday!" he jested.

Of the 24 students, six, including Jack, said they were interested in becoming a doctor someday as a result of the hospital visit.

"Would you like to use the Babcock tool again to get candy out of a real belly someday?" Major Mumpower asked

the boys and girls after everyone had a turn.

"No!" the students all shouted, some accentuating their answer with an expressive, "Yeck!"

Maybe the six will stick to office calls only.

The next community helpers visits on schedule for Ms. Durmody's class are at the post office and library.



Airman 1st Class Eydie Sakura

Airman 1st Class Peter LeDuc, 52nd Medical Operations Squadron surgical technician, helps Austin Acang, Bitburg Elementary School kindergartener and son of Tech. Sgt. Joel Acang, 702nd Munitions Support Squadron, put on his mask during a visit to the Bitburg Annex Hospital Feb. 25.

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Capt. Thomas Crosson.....Public affairs chief
1st Lt. Mike Cumberworth.....PA deputy
Master Sgt. Sean E. Cobb.....PA superintendent
2nd Lt. Shannon Collins.....Internal chief
Senior Airman Amaani Lyle.....Editor
Airman 1st Class Eydie Sakura.....Staff writer
Iris Reiff.....Leisure writer

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way to get answers to questions
you still have after using your
chain of command.

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will be published in the *Eifel
Times* and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

■ DirectLine@spangdahlem.
af.mil

■ Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■ To PA in building 23.

■ Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.



Col. Dave Goldfein

February Sortie Scoreboard

Aircraft	Goal	Flown	Delta
22FS	353	317	-36
23FS	346	324	-22
81FS	291	207	-84

*Delta is contract vs. sorties flown to date.

Through Feb. 28

Courtesy of the
52nd Operations Support Squadron
Plans and Scheduling Section

Viewpoint

March 4, 2005

Page 5

Attitude

Leaders who show a zest for life help mold, shape their troops' positive outlook on life

By Maj. David Carlson

52nd Equipment Maintenance Squadron commander

Recently, I read an article that rated attitude as the number one trait for success among leaders. I've observed that the vast majority of leaders and mentors I've known throughout my life, who have helped mold and shape me into the person I am today, radiated a positive attitude.

Each of them may have defined and exemplified success in their lives differently, but what made them so fun, exciting and influential in my life was their positive attitude -- their zest for life. In every case, their positive attitudes defied the many challenges that they may have had to face and overcome.

Maintaining a positive attitude, despite life's trials and challenges, is a conscious choice. When I was in college, Dr. Victor Frankl's book, "Man's Search for Meaning," was mandatory reading for one of my classes. In his book, Dr. Frankl describes how his attitude and that of other Holocaust survivors helped them survive the horrors of the Nazi death camps.

Regarding attitude, Dr. Frankl shares the following: "...everything can be taken from a man but one thing: the last of the human freedoms -- to choose one's own attitude in any given set of circumstances, to choose one's own way."

“ Most of the time when I take stock of my attitude, I realize that there is always room for improvement and I try to do better. ”

If Dr. Frankl and others could control their attitude in the most oppressive of circumstances, how much easier should it be for us, given so much freedom and opportunity, to "choose our own way" -- to choose our attitude.

To obtain and maintain a positive attitude, the first place you need to start is with your very own thoughts. In his book, "As a Man Thinketh," Dr. James Allen, the 19th century Englishman and father of the self-help movement says, "You yourself are maker of yourself by virtue of the thoughts which you choose and encourage; that mind is the master weaver, both of the inner garment of character and the outer garment of circumstance, and that, as you may have hitherto woven in ignorance and pain, you may now weave in enlightenment and happiness."

In another quote, he states, "Mind is the master power that moulds and makes, and man is mind

and evermore he takes the tool of thought, and shaping what he wills, brings forth a thousand joys, a thousand ills -- He thinks in secret and it comes to pass; environment is but his looking glass." Bottom line: To have a good attitude, you must think about positive things.

It is important that each and every one of us occasionally accomplishes an attitude check on ourselves. Ask yourself, "How does my attitude affect my self esteem, my unit, my friends and my family?" or "Am I allowing outside influences, such as the weather, a high ops tempo or a micro-managing supervisor that I have little to no control over to affect my behavior and my attitude?" Most of the time when I take stock of my attitude, I realize that there is always room for improvement and I try to do better.

Sabers have so much to be thankful for and be positive about. The opportunity to live in the Eifel region of Germany, to experience the people, culture, language and traditions; to have Europe right in our backyard; and most importantly, the opportunity to serve the greatest freedom-loving nation on the face of the earth in the most important conflict of our time.

A positive attitude is the key to winning this conflict and any other challenge we face in life. And, a positive attitude starts with you.

Communication

Information superiority: more than a spectator sport

By Master Sgt. Scott Gomer

American Forces Network

Detachment 9 chief

Quick -- how much can you tell me about Colonel Goldfein's plan for "The Way Ahead" in 2005? What are the details for the Spouse Tuition Assistance Program? What is the Personnel Reliability Program? You may not have heard about any of these things but you've come to the right place.

It's ironic, but today there is such a wealth of information available about every topic imaginable that many of us have a hard time finding, evaluating and remembering the most vital information that we need. And yes, what you don't know can hurt you. That's why we all need to start practicing something new. Something called information superiority.

In combat, information superiority deals with what we know about our adversaries. Where they are, what weapons and equipment they have, what style of fighting they've used in the past, and anything else that helps our side gain an advantage.

In peace, information superiority

also helps us gain an advantage. By becoming aware of the news, events and happenings in and around our local area, we can make sure we take full advantage of all the programs that are available.

Now that doesn't mean you have to participate in all of the events -- but just knowing about them lets you make better decisions. Information superiority is not a spectator sport. Just as it takes effort to play football rather than watch it on TV, it takes effort to find and acquire information superiority.

In an ideal world there would be a single way to push a button and make sure that everyone received and understood all messages. In the real world everyone has different access to information sources. That's why it's vital to know which sources are available and actively seek them out at every opportunity.

Let's start with the article you're reading now. The "Eifel Times" newspaper comes out just about every Friday throughout the year and is loaded with information. You'll read comments directly from the top commanders as well as Air Force

news, local events, sports, movies and more.

Then there's my organization, AFN Eifel. We place local information within radio and TV programs around the clock. On base, look for the AFN Prime Atlantic signal as the primary way to get local information. Off base, the only way to get local info on TV is by tuning in channel 54 on UHF by using an antenna. On or off base everyone can tune into our radio programs on 105.1 FM and 1143 AM.

The Commander's Access Channel is a great way to see what's happening while listening to Eifel 105 at the same time. It's available on the base cable and in many workshops around base. You can also download it from the Intranet home page. The Eifel Informer base bulletin is updated every Wednesday and also available from the Intranet home page. There are the Services electronic marquees as well as posters and flyers at several locations around base.

So now the ball is in your court. Plan to be a well informed Saber with the information superiority you need to be mission ready at all times. Make a commitment to read the Eifel Informer and "Eifel Times" each week. Tune into the

Commander's Access Channel and AFN TV and radio as often as possible.

Spend a few moments reading the marquee and posters; get off the couch and get active with Information Superiority.

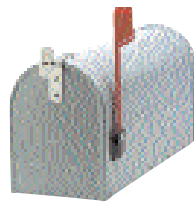
BONUS: Here are the locations to find out about the questions asked in the first paragraph. The Way Ahead briefing is available through the Intranet. Click on Organizational Chart > 52 FW Agencies > Command Section > Staff Meeting Slides > CY2005 The Way Ahead. Details about Spouse Tuition Assistance are located in last week's Eifel Informer base bulletin. And you can find out about the Personnel Reliability Program on the Commander's Access Channel.





Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.



Volunteer packages

The deadline for the 52nd Fighter Wing Volunteer Recognition Ceremony Awards has been extended to March 11 at noon. The award categories include volunteer excellence, diversity, volunteer leadership, young Airman volunteer, youth excellence and Team Eifel. The Volunteer Recognition Ceremony takes place April 1 from 11 a.m. to 1 p.m. at Club Eifel. The luncheon will be hosted by Col. Dave Goldfein, 52nd FW commander. For more information, call the family support center at 452-6422 or e-mail tammy.kunz@spangdahlem.af.mil.

Movie night

Movie night takes place March 13 from 3:30 p.m. to 6 p.m. at the Mosel Hall Dining Facility. Meal card or cash holders can watch "Dirty Dancing" and eat dinner. Call Staff Sgt. Brandi Ray at 452-6727 for details.

School news

Bitburg Elementary School

♦ BES children will be released from school at 11 a.m. March 11 due to staff development day.

♦ BES and Spangdahlem Elementary School will allow registration for new kindergarten students April 4-7 from 9 a.m. to 3 p.m. Students must be five years or older before Oct. 31. Bring orders with the child's name, shot records, child's social security number and birth certificate or passport. For more information, call Mary Marchand at 452-9131 or e-mail mary.marchand@eu.dodea.edu. For SES, call Cheryl Varnado at 452-6881 or e-mail cheryl.varnado@eu.dodea.edu.

Bitburg High School

♦ The Bitburg High School Student Advisory Counsel holds its next meeting Monday at 3:30 p.m. in the BHS Media Center. BHS parents are encouraged to participate. For more information, or to add a concern to the meeting agenda e-mail maria.checkley@spangdahlem.af.mil.

Chapel news

"Easter lillies" will have the chapel congregation pray for members and their deceased loved ones during the Easter



Airman 1st Class Eydie Sakura

All mapped out

Col. Dave Goldfein, 52nd Fighter Wing commander, shows a model display of Spangdahlem Air Base and the wing's plans for expansion with the Rhein Main transition project to (from left to right), Bernhard Schaefer, 52nd FW community relations advisor; Karl-Peter Bruch, minister of the interior of the state of Rheinland-Pfalz; and Kurt Beck, Minister President of Rheinland-Pfalz. The minister and his conversion cabinet visited the base Tuesday.

worship services March 26-27. Call the wing chapel and leave their names, as well as the worship service that will be attended. To donate a plant in memory of the deceased, drop off potted white Easter lilies only at the Spangdahlem AB chapel from March 21-24. For details call Birgit Schuh at 452-6711 or 452-6281.

Brick House happenings

The following events take place at the Eifel Community Center. Call 452-7381 for more information.

♦ The Brick House holds "Girls Day Out" March 19 from 11 a.m. to 3 p.m. in honor of Women's History Month. Vendors will offer a wine probe, waxing and manicures. Drawings and prizes will be awarded.

♦ "Casino night" takes place March 19 from 7-11 p.m. Players will purchase "Brick House Bucks" used to play games at the tables. Games will include Blackjack, Texas Hold 'Em and more. At the end of the night, players will use their winnings to bid on prizes that will be auctioned off.

Ministry meeting

Treasures of Grace Ministry begins March 16 at 10 a.m. in the Club Eifel dining area. The non-denominational ministry open to people 18 and older and encourages, inspires and promotes fellowship. An ice-breaker reception will follow. Call Jasmine Hartswick at 06575-903505 for details.

Education center news

The University of Maryland University College offers more than 70 scholarships of up to \$500 to spouses and others for the current academic year. The deadline to apply is May 1. The scholarships are awarded in the form of financial credits that may be applied toward tuition for the school's courses and seminars or textbook expenses. Students must have completed at least six semester hours with UMUC, maintained a grade-point-average of 3.0 or better and must demonstrate financial need by way of the free application for federal student aid and the UMUC financial aid data form. Visit www.ed.umuc.edu/fso for more information.

SPRING 2005!

HULK

European Protestant Men of the Chapel Conference

Scripture 1 Peter 5:6-9a

Humble Upright Loving Kings & Priests

Open to Men & Male Youth (7th grade & up)

March 31 – April 3, 2005
In Willigen, Germany
At the Sauerland Stern Hotel

DEADLINE FOR REGISTRATION IS THURSDAY 17 MARCH 2005!

TO REGISTER:
SEE YOUR LOCAL CHAPLAIN, PMOC,
YOUR POC FOR MEN'S MINISTRIES
OR Hector Rivera
EMAIL: Hector.a.rivera@us.army.mil

Sponsored by the European PMOC and all the Chaplain's Offices throughout Europe

WHAT'S HAPPENING AT CLUB EIFEL?

You are invited to the

SABERS

WELCOME HOME PARTY

Celebrating the success of the 52FW troops



and the Sabers' contribution to the War on Terror!

Friday, March 11

3-6 p.m. • Club Eifel • Everyone Welcome!

FREE BURGER BURN!

PRIZES GIVEN AWAY ALL AFTERNOON! You could win 1 of 4 Mystery trips on LuxAir courtesy of Service Credit Union and much, much more!



Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The Eifel Times staff reserves the right to edit ads.



Calling
all
Airmen!
(E-4 and below)

**Come out and learn about
upcoming events and volunteer
opportunities**

**Tuesday, 11:30 a.m. at the
Mosel Hall Dining Facility**

**For more information, call Senior Airman
Amy Schmidt at 452-6911 or e-mail her at
amy.schmidt@spangdahlem.af.mil**

Movies

The following movie listings are for today through March 10. Times and movies are subject to change. For the most current information, call 06565-61-9441 or 452-9441. Movie synopses are available at www.aafes.com/ems/default.asp.

Spangdahlem Skyline

Today

Are We There Yet? (PG, 7 p.m.)

A divorced mother of two is stuck in Vancouver for the holidays, and her playboy bachelor boyfriend offers to bring her children to the city from Portland, Oregon. The children, who have never liked any of the men their mom has dated, are determined to turn the trip into a nightmare for the new guy.

The Life Aquatic With Steve Zissou (R, 10 p.m.)

With a plan to exact revenge on a mythical shark that killed his partner, oceanographer Steve Zissou rallies a crew that includes his estranged wife, a journalist and a man who may or may not be his son.

Saturday

Are We There Yet? (PG, 7 p.m.)

The Life Aquatic With Steve Zissou (R, 10 p.m.)

Sunday

Are We There Yet? (4 p.m.)

Meet the Fockers (PG-13, 7 p.m.)

Having given permission to Greg Focker to marry his daughter, ex-CIA man Jack Byrnes and his wife travel to Miami to meet Greg's parents, Mr. and Mrs. Focker. The Fockers and the Byrnes end up being as different from each other as can be.

Monday

Meet the Fockers (7 p.m.)

Tuesday

Are We There Yet? (7 p.m.)

Closed Wednesday and Thursday

Bitburg Castle

Today

Lemony Snicket's A Series of Unfortunate Events (PG, 7 p.m.)

The wealthy parents of three children are killed in a fire. When the children are sent to a distant relative, they find out that he is plotting to kill them and seize their fortune.

Coach Carter (PG-13, 9:30 p.m.)

Samuel L. Jackson plays the controversial high school basketball coach who benched his undefeated team due to their collective poor academic record in 1999.

Saturday

Spanglish (PG-13, 7 p.m.)

A woman and her daughter emigrate from Mexico for a better life in America, where they start working for a family where the patriarch is a newly celebrated chef with an insecure wife.

Coach Carter (9:30 p.m.)

Sunday

Coach Carter (7 p.m.)

Closed Monday and Tuesday

Wednesday

Lemony Snicket's A Series of Unfortunate Events (7 p.m.)

Thursday

Spanglish (7 p.m.)

Celtic beginnings ...

Annual Beda market offers fun, shopping opportunities

By Iris Reiff

52nd Fighter Wing Public Affairs Office

For people who are looking for things to do in the local area, the annual Bitburg Beda market is an option coming up soon from March 18-20. Bitburg was called Beda in Celtic times and that's where the market's name originates.

Again this year the town will present both its economy and cultural life to thousands of visitors from near and far. In front of the Beda Haus cultural center, located in the heart of the community, people from all over Germany as well as the neighboring countries of Belgium and Luxembourg can enjoy a large-scale car and agricultural vehicle and equipment display, as well as an exhibition of handicraft items from over 50 different participants.

Artifacts and food specialties will be on display throughout the event in tents as well as inside local bank lobbies located around the Beda house.

The Beda market will begin March 18 at 11 a.m. with opening remarks by Dr. Joachim Streit, the mayor of Bitburg.

Bitburg's car dealers will introduce the latest models during an exhibition March 18-19 from 10 a.m. to 6 p.m. at a large presentation tent, and inside the Bitburg-Pruem Kreissparkasse bank. At a special Beda market raffle, people can win a variety of prizes in the amount of several thousand euro. There will be a special farmer's market, a trailer market and book sales.

During the Beda market, stores will be open in Bitburg March 20 (Palm Sunday) from 1-6 p.m. A small amusement park will also be set up. Food and beverages will be available for the event.

The city arranged a free park and ride shuttle bus service to and from the former Bitburg Air Base all day Sunday. Signs will direct visitors to the parking lots. A Beda ball takes place March 19 at 8 p.m. For more information about this event or to reserve tickets, call 06569-969011.

Bitburg has 14,000 inhabitants and about 5,000 Americans. In recent years, the Eifel town has extremely increased in popularity. This can be accounted for mostly by the Bitburger Brewery, which has obtained a world-wide reputation with its slogan "Bitte ein Bit!" There is another attraction of interna-



Iris Reiff

Eggstra special

Hand-painted eggs from different countries are on display today through March 20 at the Dudeldorf Pavillion. Sabers are invited to attend the Easter exhibition which is open each Friday through Sunday from 2-6 p.m. The exhibition also showcases Easter wreaths, bunnies, bouquet arrangements and baskets. An artist will be available, demonstrating art on eggs. To get to the small pavillion from Spangdahlem, take the first exit into Dudeldorf and continue to go into the town. Pallion Pavillion is located right in front of when entering Dudeldorf. For details, call 2113.

tional fame: the European Festival of Folklore, taking place every second weekend in July. This event, which ranks as the largest German festival of folklore, annually turns Bitburg into a meeting point for many nations.

Out and About

♦ Base members are invited to a German-American Friendship Evening **tonight** at the Bitburg Beer festival, located on the former Bitburg Flugplatz. The event is sponsored by the Host Nation Council, an association supporting German-American friendship in the Eifel region. Department of Defense identification card holders can enjoy the

festival free of admission fee.

♦ Enjoy an Easter Market **Saturday** at 10 a.m. in the Bitburg pedestrian area.

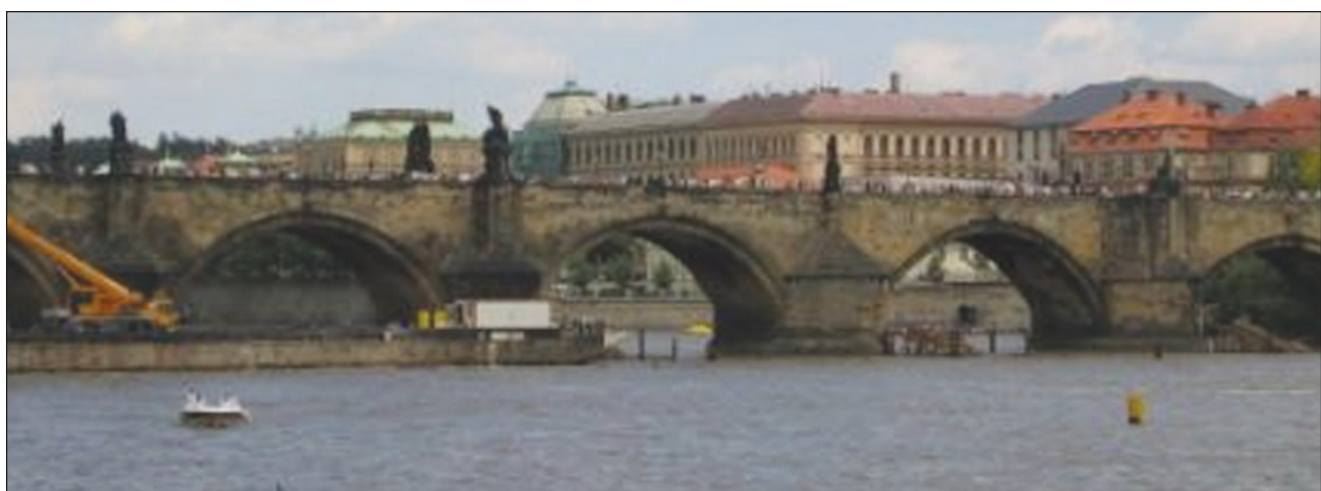
♦ Attend a flea market **Sunday** at 9 a.m. at the Bitburg Flugplatz hall 300, offering items for model aircraft.

♦ Attend flea markets in the local area, **Sunday** on Trier-West Hornstrasse and along the Zeltingen Mosel shore.

♦ Shop at local flea markets **Sunday** at the Gerolstein Hit Market; the Koblenz

Musik Park, located on B-9; inside and outside the Trier-Feyen Floh market hall; the Bad Kreuznach Pflingstwiase grounds; the Landstuhl Kaufland-Toom market; the Ramstein Floh market hall, located on Flurstrasse and on Ramstein-Miesenbach Talstrasse.

♦ Join in a guided shopping tour of Wittlich **March 29** from 10 a.m. to 2 p.m. Call the base family support center for more at 452-6422.



Airman 1st Class Selaiman Almonte

Picturesque Prague

Charles Bridge in Prague, Czech Republic, is a major tourist attraction as well as a main pedestrian route. The bridge links together the Old Town and Lesser Town and leads to the Prague Castle. The 13th century bridge was built under the rule of King Charles. It originally had 30 statues of saints and other religious figures, but today there are close to 75 statues ornamenting the facade. The bridge is occupied by with vendors and street performers.

Cadet blasts academy pentathlon record

U.S. AIR FORCE ACADEMY, Colo. -- Dierra Poland was the Falcons' lone competitor in the pentathlon event here Feb. 24, smashing the Air Force Academy record with 3,586 points to finish sixth. It broke the previous record by 350 points.

Highlighting Poland's outing was a second-place finish in the shot put with a career-best toss of 41 feet 2 1/4 inches. She also collected a third-place finish in the day's opening event -- the 60-meter hurdles. Poland clocked a career-best time of 8.63 seconds to finish just 0.02 seconds behind the event runner-up. Poland also posted a career-best distance of 17-10 1/4 in the long jump to finish sixth, and jumped 5-1 to finish 11th in the high jump.

Not only did Poland set a new academy record for pentathlon, she also moved into the program's all-time top-10 list in several events. She is now ranked second in the hurdles, seventh in the long jump and ninth all-time in the shot put.

(Courtesy of Air Force Print News)

How much fat is enough?

Daily grams of fat*

Men

- ♦ Normal weight: 60-90 grams of fat per day
- ♦ Overweight: 40-60 grams of fat per day

Women

- ♦ Normal weight: 40-70 grams of fat per day
- ♦ Overweight: 25-40 grams of fat per day

*These ranges help people stick to a diet that has more than 20-30 percent of calories from fat



Michael P. Cramer

Spin doctor

Brianna Checkley, 10, daughter of Mia Checkley, 52nd Maintenance Operations Squadron training technician, spins her way to a second-place trophy in her age category at the Dillingen Stadt-meisterschaft figure skating competition Feb. 26 in Saarland. Lindsay Skrabal, 7, daughter of Master Sgt. John Skrabal, 52nd Fighter Wing advanced programs office, earned first place in the competition in her age bracket. There were more than 150 children from four different countries skating in the competition.

Falcon wrestlers fall short against Wyoming, 25-24

U.S. AIR FORCE ACADEMY, Colo. -- After battling back from an early 12-0 deficit, the Air Force Academy wrestling team lost to the University of Wyoming here Feb. 23, 24 and 25. With the loss, the Falcons wrap up the season with a 5-7 dual record, while the Cowboys improve to 6-9.

The match started out at 149 pounds, where Josh Peterson faced off against Wyoming's Kyle Dye. Peterson started out with an early takedown, accumulating 1:10 of riding time before Dye scored an escape. After remaining on top for the first half of the second period, Peterson escaped, tying the score at 2-2. Dye then caught Peterson off-guard with a quick takedown, leading to a fall at the 4:30 mark.

Anthony Dorward notched a quick takedown against Dan Clum at 157 pounds, but allowed an escape by Clum less than 10 seconds later. Clum responded with a takedown of his own with more than two minutes on the clock. With Dorward wrapped up, Clum recorded the pin at the 1:41 mark, giving the Cowboys the early 12-0 lead.

The 165-pound match featured Air Force's Beau

Tresemmer against Gary Dack. A tightly battled opening period resulted in no score, with the first points of the match coming off an escape by Tresemmer just seven seconds into the second period. Tresemmer's takedown with 1:08 left on the clock resulted in a quick fall, as he pinned Dack in 3:57 for his 31st win of the season.

At 174 pounds, Steven Ratley, competing in his first varsity dual meet of the season, faced off against Clint Stout. Ratley scored the first takedown just 27 seconds into the match. He pinned Stout in 58 seconds for his 11th fall of the season.

With the team score tied at 12-12, Luke Lefever went up against Samuel Wendland in the 184-pound bout. Wendland got on the scoreboard first with a takedown, but Lefever answered with an escape to bring it back to neutral. Another Wendland takedown with 30 seconds remaining in the period resulted in a 4-1 score at the end of the first.

Wendland remained in control for most of the second period before Lefever scored an escape to come within 2 points. Lefever started out the final period on top, where he remained until Wendling's reversal. After allowing Lefever to escape, Wendling notched another takedown, bringing the score to 8-3.

With an extra point for riding time, Wendling took the 9-3 decision to put the Cowboys up 15-12.

The Falcons regained an 18-15 lead after a Wyoming forfeit

at 197 pounds. Next up was the heavyweight match, which pitted Falcon Trey McLean against Dusty Hoffschneider. After a scoreless first period, Hoffschneider scored an escape just eight seconds into the second period to get on the board for the only points of the period. McLean started the final period in the down position, and was issued a pair of stall warnings to give Hoffschneider an extra point. Hoffschneider remained on top for the duration of the period to give Hoffschneider the 3-0

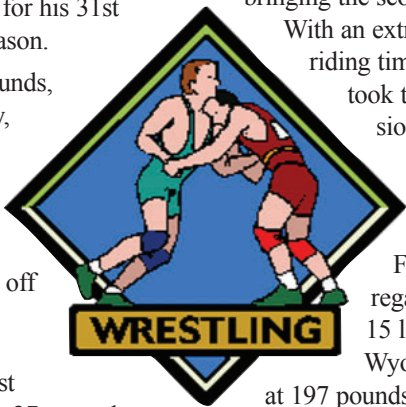
decision with an extra point for riding time.

In the match wrapped up at 141 pounds, Matt Crippes recorded a takedown over Garrett Desmond in the first minute. After a pair of 3-point near falls, Crippes took an 8-0 lead before Desmond managed an escape. Another takedown put Crippes up 10-1 at the end of the first period. Desmond scored a takedown midway through the second period, but Crippes scored an escape to increase his advantage to 11-3, followed by yet another takedown.

Crippes chose the top position to start the third period, and Desmond scored another escape. However, another Crippes takedown with just over a minute remaining led to his team-leading 19th fall of the season, getting the pin in a time of 5:57.

With the regular season wrapped up, the Falcons will prepare for the NCAA West Regional Championships in Fresno, Calif., Saturday. There, select Air Force wrestlers will compete for a chance to earn a spot at the NCAA Championships to be held March 18 to 20 in St. Louis.

(Courtesy Air Force Print News)



Sports Briefs

Swim team

The Eifel Sharks swim team offers swimming lessons each Monday from April 4-25 at Cascades swimming pool in Bitburg. Two sessions are available from 4-4:45 p.m. or 5-5:45 p.m., and the cost is \$40 for four lessons. Deadline to register is March 14. For more information, call Master Sgt. Glenn Turnbull at 452-6790 or Staff Sgt. Donald Odom at 452-6749.



Women's soccer

Women interested in joining the Spangdahlem AB women's soccer team should attend their first meeting March 17 at 5:30 p.m. at the Eifel Mountain Golf Course. A training schedule will be handed out, and uniforms and fundraising will be discussed. For details, call Senior Airman Steve Haro at 452-4250.

Fitness certifications

♦ Johnny G. Spinning Instruction (JGSI) certification takes place April 9-10 and costs 250 euro. The registration deadline is March 15.

♦ Aerobics and Fitness Association of America (AFAA) International Personal Training certification takes place April 15-17. The cost is \$419 including book and study guide. The registration deadline is March 15.

♦ AFAA Primary Group Exercise certification kicks off May 14. The cost is \$296 including book and study guide. The registration deadline is April 1.

♦ MAT Science I Workshop takes place May 15 and costs \$129. The registration deadline is April 1.

For more information, call De Shane Casillas at 452-6496/6634, or e-mail her at desbane.casillas@spangdahlem.af.mil.

Iron flight competition

The Iron flight competition kicks off March 22 at 3 p.m. at the Skelton Memorial Fitness Center. Scoring is based on the results of activities such as two-minute push-ups, a relay race, planks, wall sits and farmer's walk. Pre-registration is required. For details, stop by the fitness center, building 152, or call 452-6496.

Spin-a-thon



Feel "wheel" good and burn calories with three hours of spinning during the Spin-a-thon March 26 at 9 a.m. People do not have to sign up for the full three hours; they can sign up for just an hour or two. For more information, call the fitness center at 452-6496.

National nutrition month

Run or walk to a healthier, happier lifestyle at the national nutrition month 5K fun run March 31. The 5K starts at noon and begins at the Skelton Memorial Fitness Center. Participants may run or walk the course, and strollers and pets are welcome. For details, call the fitness center at 452-6496.

Scoreboard

The following is a list of the latest basketball scores as of Feb. 23.

Intramural basketball

Team	W	Team	L
52 MDG	67	52 CES FD	47
52 OSS	2	52 CS	0 (forfeit)
470 GK	68	52 LRS	42
52 EMS	77	22 AMXS	62